

# PROGRAMS & ACTIVITIES

## Houston Parks and Recreation Department Programs and Activities

### Kingwood-Area Adults and Seniors:

Fun, games, entertainment, crafts, and exercise are all available at the Kingwood Community Center.

Bring your own supplies for craft classes. Some classes have fees.

Plan your week around these activities:

All classes are open to the public.

<b>Location:</b>	Kingwood Community Center 4102 Rustic Woods Dr. 77345	
<b>Participants:</b>	Adults & Seniors	
<b>Mornings:</b>		
Chair Yoga	Monday & Wednesday	9:00 a.m. - 10:00 a.m.
Crochet	Tuesday & Thursday	10:30 a.m. - 11:30 a.m.
Hand & Foot Canasta	Friday	10:00 a.m. - 1:00 p.m.
Get Fit Kingwood (Aerobic Class)	Monday	10:30 a.m. - 11:30 a.m.
Knitting	Monday	10:30 a.m. - 12:30 p.m.
Mahjong	Tuesday	10:00 a.m. - 12:00 p.m.
Mat Yoga*	Friday	10:15 a.m. - 11:15 a.m.
Party Bridge	Wednesday	10:00 a.m. - 1:00 p.m.
Pilates*	Monday & Wednesday	9:00 a.m. - 10:00 a.m.
Quilting	Friday	10:30 a.m. - 12:30 p.m.
Scrap Booking Class	Thursdays	10:00 a.m. - 12:00 p.m.
Tai Chi	Tuesdays	9:00 a.m. - 10:00 a.m.
<b>Afternoons &amp; Evenings:</b>		
Art Class*	3rd Thursday	4:00 p.m. - 6:00 p.m.
Bingo	Monday	12:30 p.m. - 3:00 p.m.
Bridge	Wednesday & Thursday	6:00 p.m. - 9:00 p.m.
Bunko	Thursday	1:00 p.m. - 3:00 p.m.
Get Fit Kingwood (Aerobic Class)	Thursday	6:00 p.m. - 7:00 p.m.
Greeting Card Class	3rd Tuesday	3:00 p.m. - 5:00 p.m.
Line Dancing	Tuesday	3:00 p.m. - 4:00 p.m.
Line Dancing	Thursday	2:00 p.m. - 3:00 p.m.
Meditation	Thursday	7:00 p.m. - 8:15 p.m.
Mexican Train - Dominoes	Fridays	12:30 p.m. - 3:30 p.m.
Page Turners Book Club	3rd Thursday	7:00 p.m. - 8:30 p.m.
Texas 42 - Dominoes	Tuesdays	12:30 p.m. - 3:30 p.m.
Zumba*	Wednesday	7:00 p.m. - 8:00 p.m.
<b>Information:</b>	(281) 348-2570	

\*Indicate a participation fee is associated with the class.

